

Coronavirus COVID-19



Stay safe guidelines at home.



Wash

your hands for at least 20 seconds when you come in



Stay

at home as much as you can



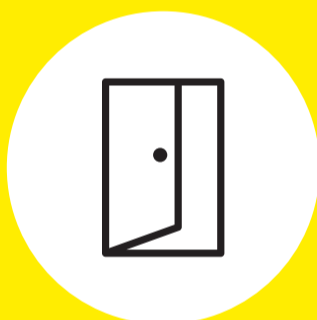
Minimise

the number of people in your social network



Limit

the number of people you invite into your home



Open

windows and doors for ventilation



Clean

and disinfect surfaces regularly



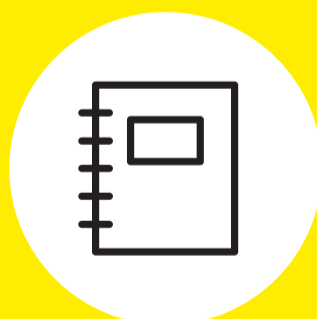
Practice

good cough /sneeze hygiene. Use your elbow or a tissue



Know

the symptoms. If you have them self isolate and contact your GP immediately



Keep

a log of who you meet each day

COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > loss of sense of taste or smell
- > flu-like symptoms

#holdfirm

Ireland's public health advice is guided by WHO and ECDC advice



Rialtas na hÉireann
Government of Ireland